

Standing Oblique Crunches



- Stand with your feet hip-width apart and hands behind your head and elbows wide.
- Lift your right knee toward your right elbow while you bend your torso up and over to the right.
- Repeat on the left side.
- Repeat 10 times.

Expanding Hours!

We are now **Open every other Saturday** from 9:00am-Noon.

Open October 2, 16 & 30, November 13 & 20, December 4 & 18

In keeping with our COVID-19 safety practices, we will be seeing patients by appointment only, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

We are currently back to seeing routine and maintenance patients.

Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.